

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

### B027 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, SHREDDED, 5 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Reduced fat shredded cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between ¼ to ⅓ less fat than traditional cheddar cheese.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb pouches per case.</li> <li>One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese.</li> <li>One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese.</li> <li>CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store cheese in its original container at 41 °F or lower until needed.</li> <li>Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area.</li> <li>Shredded cheese tends to mold and dehydrate quicker than block cheese.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Cheese, cheddar, reduced fat

	1 oz (28 g)
Calories	80
Protein	7.71 g
Carbohydrate	0.57 g
Dietary Fiber	0 g
Sugars	0.16 g
Total Fat	5.19 g
Saturated Fat	3.29 g
Trans Fat	N/A
Cholesterol	16 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Magnesium	10 mg
Potassium	26 mg
Vitamin A	179 IU
Vitamin A	43 RAE
Vitamin C	0 mg
Vitamin E	0.05 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve reduced fat cheddar cheese as a garnish for vegetable or fruit salads or other foods. Use in cooked dishes such as sauces, combination dishes, or breads.</li><li>• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• If any part of a package of shredded cheese contains mold, discard the package.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>

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